



SUTHERLAND BUSHWALKERS

NEWSLETTER FOR THE SUTHERLAND BUSHWALKING CLUB

www.sutherlandbushwalkers.org.au P.O. Box 250 Sutherland NSW 1499

March 2015 NEWSLETTER



CLIMBING KILIMANJARO 2014

"Pole Pole"

Participants: Kay Rogers, Steve Deards, John Morris, Judy Kowalski, Caroline Lee, Gina Holloway, Jeannette Sear, Sheree Brinsley plus Tom, Matt, Rod and Kelly.

8 June 2014

Kilimanjaro covers an area of 100 kilometres by 65 kilometres and consists of three large volcanic vents: Shira, Kibo and Mawenzi. We are heading to the highest point: Uhuru Peak at 5895m. By the time we reach the top, by the light of the full moon on Friday 13 June, we will have passed through five different climate zones: cultivated lowlands, rain forest, heath/moorlands, high altitude desert and finally arctic zone.

We have chosen the Machame route over a seven day period taking slightly longer than the other routes to enable us to better acclimatise to the high altitude. We are being guided by Hidden Valley Tours and there are 12 of us in our group. We are accompanied by 6 Guides led by Safeil (Saffy) together with 40 porters. The porters will, as well as carrying their own gear, carry 15 kg of our personal items plus all the necessary

equipment for the week including tables and chairs, a kitchen tent, our dining tent, sleeping tents, cooking equipment, food and even two toilets for us! We only have to carry our day packs!

After a very early lunch at Machame Gate which is already at 1898m, we start the climb led by one of our 5 guides, Steve, who sets the pace at *"pole pole"*. This is Swahili for slowly, slowly. This is the way we will walk up the mountain for the next 6 days. Any faster would jeopardise our chances of summiting. It is hard to get used to, but as we will soon find out, walking any faster immediately leaves us gasping for breath. Steve, John and Tom find it difficult to walk this slowly and soon all race ahead. Strangely it doesn't seem to do them much harm as all three of them will make it to the summit.

It is about a 7 hour walk today up to our first camp - the Machame Camp at 2,119m a total of 10.8km through the rainforest. The porters have set up camp by the time we arrive.

Dinner always starts with soup followed by a main dish and then fruit. Jeannette and I have decided to be vegetarians for this part of the trip. Tom is vegan so he provides the cook with extra challenges. He will have some unusual meals over the next week.

After dinner Saffy visits us for what becomes a nightly ritual of gathering statistics on the 12 of us to assess how we are acclimatising. He asks each of us whether we have a headache, a cough, peed in the last two hours, used our bowels in the last 24 hours, taking Diamox (altitude sickness pills) and anti-malaria medication. So we all know what everyone has or has not been doing each day!

I have decided to take Diamox which is a drug that will hopefully help me acclimatise to the lack of oxygen in the air at altitude. It does have side effects though - it is a diuretic and I will pee a total of 18 times in the first

24 hours! It also causes tingling in the fingers and my staminade drink tastes rather strangely metallic.

9 June 2014

We are awoken by our tea porters bringing us a cup of piping hot, very sweet ginger tea. Breakfast consists of porridge (made from millet and not very popular) toast and eggs, fruit, tea, coffee, hot chocolate.

Today we have a 6 hour walk over 5.2km through the moorland zone up to Shira Camp at 3847m. Shira Camp is quite spread out and exposed to the weather, but we are set up away from most of the other trekkers. We are definitely not alone on this mountain – some 25,000 trekkers attempt the summit each year.

10 June 2014

The Barranco Camp is our goal today at a height of 3984m. We will spend about 7 hours walking the 10.7km route through semi desert and rocky landscape. As part of our acclimatisation we will have lunch at the Lava Tour at 4642m before descending down to our camp. This follows the mountaineers' motto of "walk high, sleep low".

After lunch the route to the camp goes down a valley which is covered in giant senecio plants – they look like sentinels guarding the way to the next camp which is perched below the great Barranco Wall - a formidable looking wall of some 257m that we have to attack after breakfast the next morning.

11 June 2014

I am apprehensive about the Barranco Wall and so I am glad Saffy is not checking my pulse this morning as it is absolutely racing. But the wall is not anywhere near as bad as it has been made out to be and I actually quite enjoy it.

It is only a 6.6km walk today to Karanga Camp at 3,995m (a gain of only 11m) as we will hover around the 4,000m mark for a couple of days to help our acclimatisation process. This campsite is precariously perched on a downward facing slope so that you feel like you could just topple down into the clouds. We look out into a sea of clouds with Mt Meru sticking up like an island amongst them in the distance.

12 June 2014

Today is even shorter – only 3.3km but up to the Barafu Camp at 4681m which will be our base camp for our summit bid tonight! It is a bleak looking campsite. Our tents are pitched on what little flat ground can be found. I can now see the full moon starting to rise.

For the summit attempt we have been divided into two groups – John Steve Tom and Kelly are to leave at 11.30 p.m. with 3 guides, as they are the fastest amongst us, and the rest of us will leave at 11pm with 5 guides.

We have an early dinner and pack our bags before trying to get some sleep (although I don't sleep) before we are woken at 10.30pm by our tea porters with biscuits and more sweet ginger tea. Then it is out of the tent and into the freezing night to start the climb!

13 June 2014

After only a short while I get hot and have to take off one of my five top layers of clothing. I have four layers on the bottom. The going is slow and it gets a bit monotonous. We stop twice for the magical sweet ginger tea – and both times I feel rejuvenated afterwards. Gina has a really bad headache though and Caroline has vomited. I close my eyes at one stage while walking along which is a mistake because I immediately feel a bit wonky.

At about 7.30am when we finally get to the rim of the crater (Stellar Point 5739 m) we are met with gale force winds and light snow falling. I can't see anyone else except Matt who is next to me. Then Jeannette appears and tells me that the other girls have all gone down, but we are going to the top! I know that from here it is only about 140 metres to the summit and it is the easiest part of the whole climb. We pass Steve, John and Tom on their way back down, they having already reached the summit ahead of us. When Jeannette and I finally get to the summit at about 8.30am it is covered in clouds and we can't see a thing. We get our photos taken in front of the famous sign with Matt and Rod - the weather certainly makes for a dramatic summit photo.

After taking over 9 hours to get to the top, we only spend about 10 minutes or so there and the four of us head back down with Roger the guide who has led us

up most of the mountain. He now tells us that we have to push ourselves to get down as fast as we can! This is certainly a turn of events as for the last six days we have been told to go *pole pole!* We head down the Mweka Route a less steep slope covered in scree which we sort of ski down - it only takes us 3 hours to get down.

We fall into bed only to be woken 20 minutes later as our lunch is ready. We eat and pack up our gear and move down to the Mweka Camp which is at 3068m. It is late when we make it to the lower camp. I fall asleep at the table waiting for my dinner. It has been a very long day!

14 June 2014

After a good night's sleep and breakfast we pack up ready for our final descent down through the rainforest to the Mweka Gate. Finally, back at our hotel in Moshi I have my first shower in 7 days. We then have a celebratory dinner and receive our certificates for our various levels of achievement from Saffy.

All in all we walked under 100km but the difficulty of this trek was certainly the altitude which added a whole different dimension to what would otherwise not be a difficult trek. Jeannette and I trained on the sand hills at Cronulla for a couple of months prior to the climb which certainly helped my fitness level, but anyone with reasonable fitness could manage the trek.



Springwood Circuit Walk

17th December Grade 3

Activity Organiser: Bruce Franklin

Participants: Lorraine Franklin, Helen Rydell, Alan Bunter, Kerry Clarke, Tim Gardiner, Roger Larke

Seven of us met outside Springwood station about 9.30am on a cloudy humid Wednesday morning. Our route would be anticlockwise, starting from Sassafras Gully road and following the bush track at the end of the street down to Sassafras Creek.

I'm always impressed by the rapid change in atmosphere when entering the forest off a suburban street. Like two parallel universes. Anyway, now it was down and more down to the creek, turning left, and walking along towards the junction with Glenbrook Creek, stopping occasionally for photos of pools and rocks.

A lyrebird was busy doing something at one point, just above the track. Further along we spotted a collection of blue objects and a bower. The bower bird was not around though. Passing the open area at the Glenbrook Creek junction with its large pool, we continued along enjoying the quiet and the filtered light of the creek valley.

Reaching the junction with Magdala Creek, we stopped for lunch. This is where we leave Glenbrook Creek - Springwood is a couple of hours upstream on Magdala. During the break we checked out a couple of the pools on Glenbrook Creek but no one was inclined to have a dip.

At one point I noticed something moving on the ground close to my foot. A frog? No, a baby possum which had most likely fallen off its mother somewhere above. It easily fitted into the palm of my hand. After some discussion we decided to take the possum with us and give it to WIRES. Alan produced a sock to serve as a pouch which he then carried back to Springwood. The possum seemed OK with this.

The track beside Magdala Creek is quite pleasant, passing a couple of nice waterfalls (Martins and Magdala). The scenery keeps changing as the valley narrows and you crisscross the creek.

More wildlife - a large light olive snake a couple of metres of the track. Possibly a python of some sort. It seemed relaxed but watchful, keeping an eye on us

but remaining curled up. I've seen a couple of threatening tiger snakes elsewhere. This one wasn't like that. Anyway, after taking a couple of photos from a safe distance we left him to it.

Eventually we arrived at the top of the creek. After a short rest stop at Lawson's Lookout (here Helen jettisoned a leech which had made the journey upstream with us), we were back in suburban streets again. In Springwood CBD, we found a coffee shop for welcome refreshments. Alan went off to the local fire station with the possum to ask about WIRES. Apparently it was a young sugar glider, possibly old enough to make a good recovery with the local WIRES people.

Thanks to all for your company on this trip.



Reflections of a Pommie By Roger Larke

We came out to Caringbah South in October to stay with my daughter for 3 months. I'm a keen walker in the UK and found SBC on the internet. Right from the start Lynn gave me a warm welcome by e mail. I found the club to be well organised - I even enlisted on my first walk with Allan Webb direct from the UK!

I focussed on the Wednesday walks as it suited our family circumstances. Fellow walkers were very welcoming and friendly, chat was easy and pommie jokes bearable! It is also surprising what one talks about on a walk!

I expected most of the blokes to be Bruce but in reality they all seemed to Allan! It was a novel experience also to share the walks with a number of delightful Sheilas - my group of retirees back in the UK just happen to be blokes!

I found Allan Webb, Tony Larkin and Bruce Franklin to be excellent leaders - very thorough, informative and knowledgeable about local flora, fauna and history. Swimming in waterholes was a new experience not to be missed. As you can imagine it does not happen much in the UK.

We returned to the UK on 19th January knowing that new friends have been made and that we shall return! So thank you SBC and goodbye to you all for the time being.

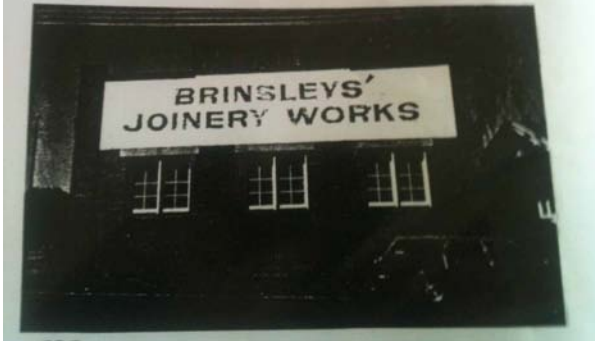
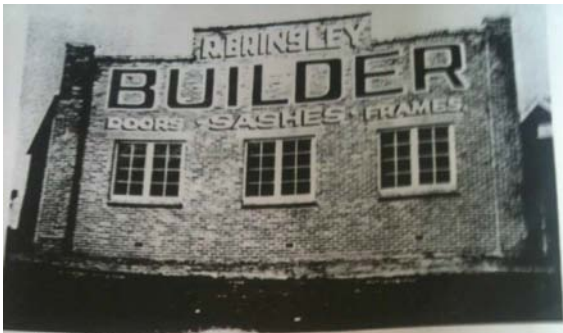
Roger



Cawley Culvert

Waterfall to Helensburgh 19th November 2014 Activity Organiser: Allan Webb

Allan Bunt contributed this photo.



BRINSLEY TOUR OF SUTHERLAND

7 February 2015

Activity Organiser: Sheree Brinsley

Participants: 31 (too numerous to name individually)

What started out as a little idea to fill in a gap in the club programme on a summer's day turned into a three month research project for me into the history of Sutherland as well as the history of my family, culminating in an epic walk down memory lane accompanied by 30 eager participants!

My great grandfather, Samuel Brinsley, migrated here from England circa 1876 and eventually settled in the Sutherland area. He was a builder and erected a number of houses in the Sutherland area. His eldest son, Ralph Brinsley, (my grandfather) also became a builder and joiner. By 1920 his business had expanded sufficiently for him to erect the original workshop in Toronto Parade, but this burnt down in 1929 and a subsequent workshop was built later the same year and still stands today and has been Heritage listed. He and his brother Bill Brinsley and his brother-in-law Tom Avery were responsible for the construction of many of the earlier buildings in Sutherland. Eventually, his two sons, Ralph Thomas Brinsley and Arthur Brinsley (my uncle and my father) also worked in the business and carried it on until about 1994 when it was sold to the Council after the death of my uncle.

The plan was to do a circuit of the township of Sutherland visiting some of the remaining landmarks which are hiding amongst the blight of modern suburbia whilst learning about my family's early connections to these landmarks and have a bit of fun along the way.

We started at the War Memorial and worked our way past the council chambers and through Forby Sutherland Park. Here we learned how the town of Sutherland was named – at the request of the directors of the Holt-Sutherland Estate Land Company and not, as commonly believed, after Forby Sutherland who was but a lowly seaman on Captain Cook's Endeavour and happened to be the first British subject to be buried in the antipodes. However, the area that is now known as the Shire of Sutherland was originally known as "Southerland" on early maps up to the 1880s. This was the name Thomas Mitchell, the then Surveyor General, favoured for the area as a reminder of his Scottish heritage, but when the proclamation was drawn up, it appears that a clerk omitted the "o", so that the legal spelling became "Sutherland".

We then headed past the old Ambulance Station which was built in 1929 and which is hiding in the shadow of the overpass and now empty; past where the house of Samuel Brinsley used to be, but since demolished to make way for townhouses; then into Toronto Parade where my grandfather built his once beautiful federation cottage in 1914 and a few years later, the joinery works. Here we deviated into a bit of Lexia's family history as we looked at her great Aunty's house opposite my family home in Clio Street (built by the Brinsley clan of course) and her grandfather's house in Toronto Parade which still looks magnificent even if part of a modern strata development.

By this time we were all thirsty so we split into two and one group had coffee at the aptly named 2232 cafe which has some lovely old photos and memorabilia in the back room as well as pretty good coffee. The other half of us ventured into the Memorial School of Arts (which my grandfather built). In the front of the building the local historical society has a museum and so we spent about half an hour inspecting their very interesting displays. Then the groups swapped about so no-one missed out on their morning coffee!

We crossed back over the railway line to see the old steam tramway manager's office which now has a very unsympathetic coat of paint then past the old picture theatre in Boyle Street which is hiding behind an ugly facade. Whilst examining this piece of history a local lad driving past pointed out that the house behind us used to be the Police Station. Of course, we all surmised that he must have previously spent time in there to know this bit of information! We plodded onto the Primary School which is where the first school was built in 1887 and by 1928 became the first intermediate high school in the area. I was even brave enough to show you all an old school photo of me 😊

By this time I definitely needed a beer! So the survivors of the group finished up at Boyle's Hotel which still looks the same on the outside but has been renovated on the inside. After devouring a typical pub meal the publican kindly gave us a guided tour of the rooms upstairs.

So, thanks everyone for coming along with me, for asking questions and adding your stories and tales as we meandered around Sutherland, stopping traffic and causing amusement to the locals. I certainly had a most enjoyable morning re-visiting the paths over which I had walked many times as a young child.

The credit for the photos: "A Walk Around Sutherland" compiled by Helen McDonald published by Sutherland Shire Council 1990 and "Heritage Assessment Report For Brinsleys Joinery Works Sutherland": Submitted by Nicole Williams November, 1992 (photographer not cited)

Georges River Health Warning

According to a St George and Sutherland Shire Leader report on January 20, NSW health authorities warn of health risks along the Georges River, particularly near Alford's Point. Mosquitoes carrying Ross River and Barmah Forest viruses have been detected in increasing numbers. People are advised to wear long sleeved garments and use a DEET or Picardin based insect repellent, particularly around dawn or dusk. Mosquitoes can be found up to 10km from wetlands. Symptoms of these diseases include tiredness, rash, fever, sore or swollen joints and people are advised to see a doctor for a blood test if experiencing any symptoms.

Leonie Bell



Horse Camp Hut

Kosciuszko National Park

Pygmy Possum Lodge – Charlottes Pass

25th January to 1st February 2015

Activity Organiser: Shaune Walsh

Participants: 41

Forty one club members enjoyed a week of alpine walks of all grades. We again stayed at Pygmy Possum Lodge with most of the comforts of home. It's always good to see the regulars coming back each year, and it was great to see a number of members who hadn't been before experiencing the walks, the comradery of happy hour and the activity in the kitchens.

The weather wasn't as good as some previous years, but everyone got out every day. Thanks to the leaders who again put on a great range of walks:

Aquaduct track
Dead Horse Gap
Palebo track
Club Lake
Mt Stilwell
Horse Camp hut
Blue Lake & Hedley Tarn
Main Range walk
Ngarigo Flat & Thredbo Diggings

Pygmy Possum Lodge is again booked for this annual club activity 24/1/2016 to 31/1/2016.

For early bookings contact Shaune Walsh.

National Parks Information

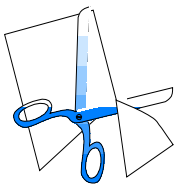
No smoking in National Parks came into effect from 1st January 2015. A community education program is to be used to make park visitors aware of this.

Blue Mountains NP: Narrow Neck Road is closed for repairs, so there is no vehicle access to the Golden Stairs track, commonly used for access to the Ruined Castle and Mt Solitary. The works are expected to be completed in March 2015.

Major track work has been undertaken on the Golden Stairs and the track to the Ruined Castle, including a toilet being installed at the bottom of the track up to Ruined Castle and covered picnic tables with water tanks have been installed at the camping areas beside Ruined Castle. *The next club walk in this area could be very different from prior experiences.*

Tasmania: The Three Capes Track has just been named one of the *World's hottest new travel experiences for 2015* by Lonely Planet.

www.threecapestack.com.au



COMMITTEE ROOM SNIPPETS

President's Report for 2014-2015

Our Club, like all Clubs, the running of activities in the programs are created by the "behind the scenes" people, volunteers for your enjoyment. Things don't just automatically appear and present. That is why I would like to say a big thank you to the 2014 Committee members, Non-Committee members, Activity Organisers and their families. Yes the families who support the members putting in hours of work, typing and phone calls to get the job done. The regular Committee meetings held the day after General meetings have been lively, informative, constructive and high achieving.

Always, the beginning of the new year sees some

previous year projects carried over before taking on new subjects. I remember when I first became a committee member it was a very nervous and scary decision, then later taking on the President's position, but with the support and guidance of everyone the job has turned into a most interesting and rewarding challenge. We all put in our thoughts and experiences to make an informed decision on behalf of members. I think in 2014 we have done our duty to every member when I say we did our best. I extend an invitation to anyone who would like to experience the satisfaction of helping our Club's progress to come and join the committee to see what does go on "behind the scenes". Don't think you have to be a member for a long time because new people have new ideas complimented by those who have years of experience.

In summary of 2014, our biggest challenges were reviewing By-Laws, policy & procedures guidelines and website updates. Some areas need annual reviews as legislation changes and some things just need updating.

I look forward to 2015 to participate in activities, seeing and meeting members along the way. I look forward to an array of guest speakers on all subjects which the Assistant Secretary has lined up and I especially look forward to having a cuppa with members at the meetings. Come along to the meetings to socialise and perhaps learn something from our speakers.

The BIG event is the **AGM to be held on 25 February** with wine & nibbles then you can be part of the start of 2015, so join us at the Club meeting room. See you along the way, thank you all.....
Vanessa Hicks

Treasurer's Report

The Sutherland Bushwalking Club has had a good financial year in 2014. The introduction of a token payment of \$5 for members who wanted a hard copy of the programme not only increased the Club's revenue but also decreased considerably our printing costs. Ironically, however, postage expenditure increased as we lost our bulk mailing concession price. Overall, however, this was a good financial move. Added to this there was an unexpected decrease in the cost of our insurance and we were given half price hall rental as a community group.

The result is that income was \$10,995.51 and expenses were \$8585.18, giving a surplus for the year of \$2410.33. With this we will be updating our website and purchasing a new PLB.
Jennifer Whaite

Bookings for Activities

Members are reminded that bookings to participate in activities should be made directly with the Activity Organiser, preferably giving at least 4 days notice for one-day activities and 10 days for overnight activities.

Activity Organisers:

Activity email alerts for alterations /cancellations please notify

Items for the next Newsletter:

Write an article about a bushwalk, bike ride, paddle or trip you have enjoyed for the next newsletter.
Please email newsletter items and a couple of photos to your editor,



Changing your Details.....

Remember to notify the Membership Officer or contact the Club on

info@sutherlandbushwalkers.org.au

to update your membership information

*change of address

*change of email or contact details

We don't want to forget you